

Harm Reduction: An Overview of Methods and Issues

Ken Warner, PhD

PM3001144023

Source: <https://www.industrydocuments.ucsf.edu/docs/lkgk0001>

Harm Reduction: An Overview of Methods and Issues

Kenneth E. Warner
University of Michigan

*Reducing Tobacco Harm Conference
Arlington, Va., May 10, 2001*

89 SUR

Topics covered

- *Current context for the harm reduction debate*
- *Definition of tobacco harm reduction*
- *Hierarchy of harm reduction techniques*
- *Harm reduction in other contexts*
- *Issues and challenges*
- *Developing a research agenda*
- *Concluding thoughts*

Current context for the harm reduction debate

- *Limited success of prevention/cessation*
- *New environment*
 - Slowing of rate of decline in smoking
 - Marketing of novel cigarettes and cigarette-like products
 - Innovations in nicotine replacement products
- *Concerns about promotion of harm reduction*

Tobacco harm reduction: a definition

Minimization of the net damage to health associated with use of tobacco products, products including constituents of tobacco, and other substitutes for tobacco products.

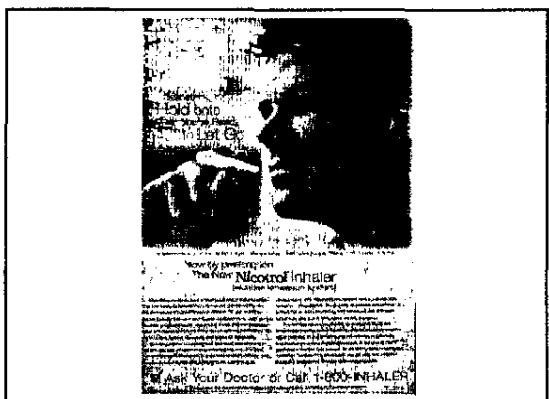
- For direct users
- For non-users exposed to product effluents

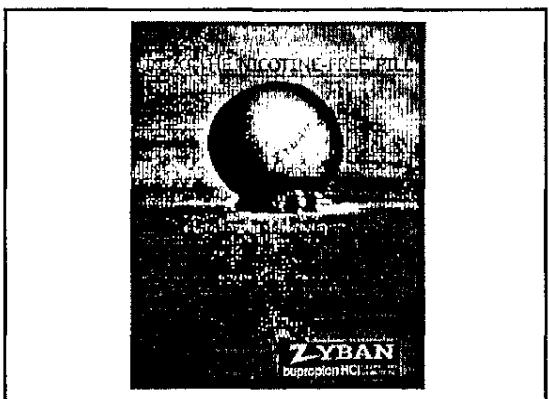
Hierarchy of harm reduction techniques for direct users

- *Avoidance of initiation (prevention)*
- *Complete cessation*
- *Substitution of least harmful alternatives (products or behaviors)*
e.g., NRT
- *Substitution of less (but still) harmful alternatives (products or behaviors)*
e.g., smokeless tobacco; Eclipse; reduced smoking

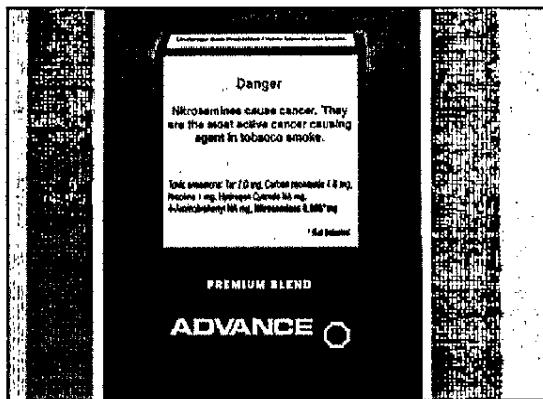
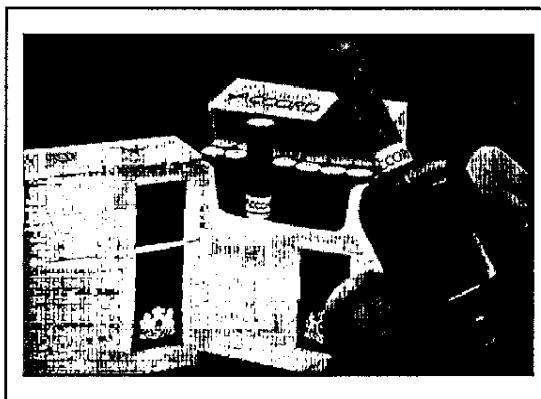
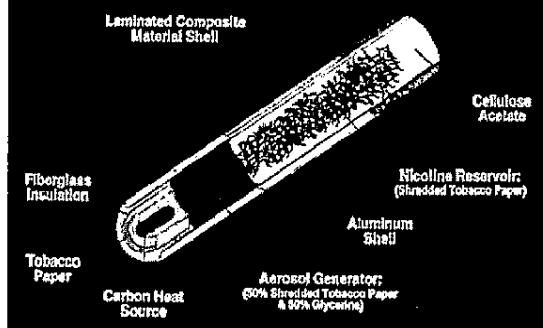


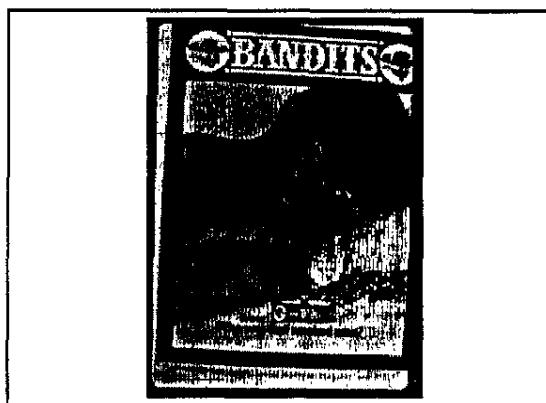






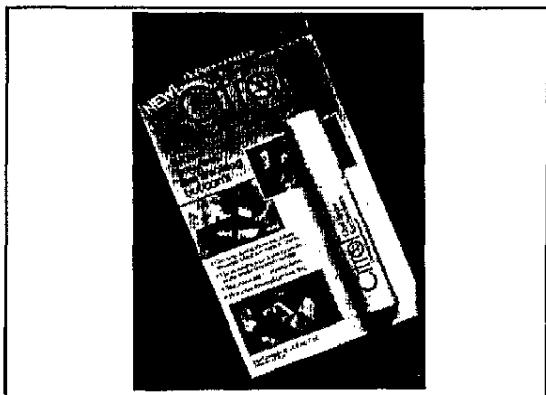
R.J. Reynolds "Eclipse" Nicotine Delivery System













The Perfect Cigarette Alternative!
Aids in quitting or reducing smoking

NO BUTTS ABOUT IT!
Smokers... at last something for us.

To inquire about purchasing larger quantities or selling Smokers Edge through your store or business, please contact us to discuss these opportunities.

E-mail: mimi@smokersedge.com | Toll Free: (888) 762-8887

Actual Size



(You can insert the stopper in the cap)

Smokers Edge is a cigarette substitute. If you are a smoker and are faced with the increasing number of nonsmoking areas such as airplanes, buses, trains, restaurants, theaters, office buildings, private homes, arenas and schools then "Try Smokers Edge!"

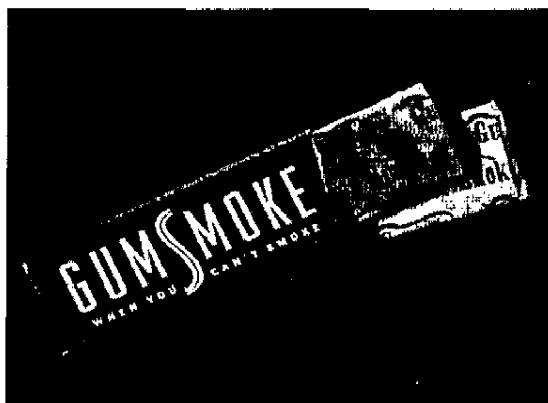
Smokers Edge is a smokeless alternative which you don't light. You hold and inhale deeply like a cigarette but does not contain dangerous nicotine or tar.

Smokers Edge has successfully been used to help cut down and even quit smoking.

Smokers Edge is the right price. One 3 piece pack of Smokers Edge will last approximately the same length of time it would take to smoke a carton of cigarettes. If clip cap and stopper are replaced one Smokers Edge could last days or weeks depending on use.

Smokers Edge contains natural herbs, essential oils and a Green Chlorophyll flavor that leaves your breath totally refreshed when inhaled.

Smokers Edge is disposable, you simply replace Smokers Edge when the freshness is gone.



**Harm reduction in other contexts:
Concepts and lessons**

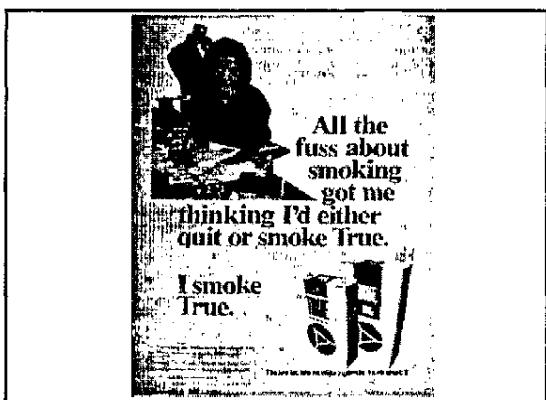
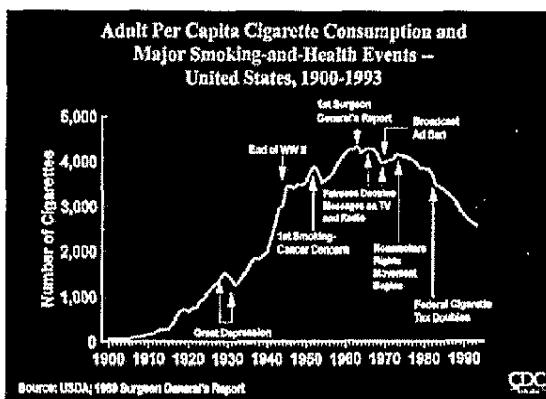
1. Historical experience with cigarettes

- a. Filtered cigarettes
- b. Low tar and nicotine cigarettes

Kent - the one cigarette that can show you proof of greater health protection

FILTER-TIP SHARE OF CIGARETTE MARKET	
Year	% Filters
1950	0.6
1960	50.9
1970	80.1
1980	92.5
Current	98.0*

* estimate



**Harm reduction in other contexts:
Concepts and lessons (cont'd.)**

2. Alcohol

- a. For direct users
Abstinence vs. reduced consumption
- b. For others
e.g., strict enforcement of DUI laws

**Harm reduction in other contexts:
Concepts and lessons (cont'd.)**

3. Illicit drugs

- a. "Just say no" (and other prevention)
- b. Interdiction (its inevitable failure)
- c. Treatment
- d. Drug substitution
e.g., methadone maintenance
- e. Decriminalization/legalization

**Harm reduction in other contexts:
Concepts and lessons (cont'd.)**

4. Other examples

- a. Distribution of condoms in schools
- b. Clean needles for IVDUs
- c. Automotive safety

Issues and challenges

- Establishing risk reduction potential at the level of individual use
 - Biochemical science
 - *Exposure vs. risk assessment*
 - *Biomarkers*
 - Surveillance/epidemiology
 - *Short-term indicators (e.g., birth outcomes)*
 - *Long-term indicators*

Issues and challenges (cont'd.)

- *Population effects*
 - Alternatives to abstinence
 - *Experience with filtered and low tar/nicotine cigarettes*
 - Promotion of childhood nicotine addiction
 - Potential effects on ETS exposure
- *Education of professionals and the public*
- *Product regulation*
 - Need for it
 - Potential
 - Risks

Comments on self assessment

Developing a research agenda

- 1. Evaluation of the potential, at the level of the individual, of products and methods*
 - a. Biological effects of products/methods when used in lieu of cigarettes: effects relative to each other
 - b. Useful surrogates; biomarkers
 - c. To whom will devices/methods appeal?
 - d.** What types of smokers will choose a harm reduction product/method instead of quitting?
 - e. When should smokers have harm reduction recommended? Is there a preferred order to approaches?

VEAT CONCERNED
LT RH WILL ↑ HAM
LT ↑ ↑ AS ↑ E

Developing a research agenda (cont'd.)

2. *Assessment of the population effects of specific products/methods and in general*

- a. What are feasible techniques for such assessment?
- b. How often will harm reduction approaches replace complete cessation?
- c. How often will harm reduction approaches be used in lieu of not initiating use of nicotine?
- d. How can we estimate the net health consequences of harm reduction approaches and strategies?

Developing a research agenda (cont'd.)

3. Encouraging accurate assessment of risk reduction potential

- a. How can we educate health care professionals about the potential and dangers of harm reduction?
- b. How can we educate the public about the same technical and subtle issues?

Developing a research agenda (cont'd.)

4. *Defining the role of regulation*

- a. Is regulation needed? Reasons for and against.
- b. What form should/can regulation take? What resources would be required? Who should pay for which aspects of regulation?
- c. What effects should be sought from regulation?
- d. Should and can regulation balance individual and population effects (and if so, how)?
- e. What benefits would be anticipated from effective regulation? What risks would be associated with ineffective regulation?

Concluding thoughts

- *Delimited role of harm reduction within tobacco control*
 - Harm reduction may play a large and increasingly important role within tobacco control.
 - However, as the “new kid on the block” it should never supplant emphasis on prevention and cessation.

Concluding thoughts (cont'd.)

- *Risks and potential societal benefits of harm reduction*
 - Potential benefits are great:
 - Could conceivably lead to more eventual complete renunciation of nicotine and tobacco
 - May decrease the toll of tobacco
 - Risks are great too:
 - Sustaining and potentially increasing the level of nicotine dependence in contemporary society (Controversial question: Is this necessarily a problem?)
 - Slowing progress against the devastating toll of tobacco
 - Increasing nicotine dependence in future generations
 - Creating new health hazards

Concluding thoughts (cont'd.)

- *Is an era of harm reduction inevitably upon us?*
 - In today's (non)regulatory world, yes
 - Tobacco industry innovation
 - Eventually, more explicit and aggressive competition between the tobacco and pharmaceutical industries

